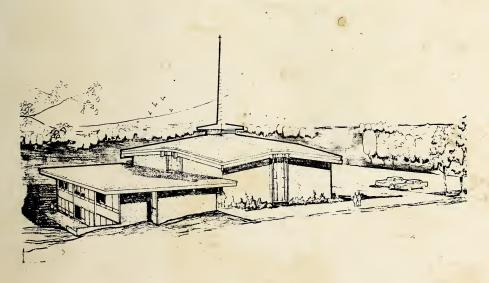
Dixon

Cooking Favorites of

THE WOMAN'S SOCIETY OF CHRISTIAN SERVICE



SWANSBORD METHODIST CHURCH

THEODORE J. PETERS - A.I.A. -ARCHITECT

OF SWANSBORO, NORTH CAROLINA

Rum Cake 1/2 cup Shortening or salad oil 2/2 cups Sugar 5 Eggs 3 /2 Caps Slour 1/2 tea spoon baking Towder 1/ teas poon sait 1cup sweet milk 1cup sweet milk 1table spoon rum extract Cream butter, shortening, and Sugar well, add eggs, one at Time. Beat well after adding egg. Sift Logether with flour baking Powder & saot. add alternately with milk of rum ext. Greased sides + bottom of tube pany add chopped pecans in botton one cup or more of chopped pecaus or dack Walnuts in bottom. Then sprinkle with flow.

Pour batter in and batte at 225° one hour then about 300° until done. (45° min)

Glaze

I cup brown sugar /3 water

1 stick butter.

Boil water, sugar of buller for 2 or 3 min j add 2 teasp.

rum extract mix together well and spred on cate.

ACKNOWLEDGMENT

We wish to acknowledge the fine spirit of co-operation by the organization members and the community at large, including the merchants and business firms, without which this book could not have been possible.

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HISTORY OF THE SWANSBORO METHODIST CHURCH

We know that there have been Methodists in Swansboro from the beginning of the Methodist Movement in America because both secular and non-secular history bear witness to this. Many of the early leaders of the Methodists Societies visited Eastern North Carolina and left an indelible imprint on the lives of those who heard them preach. As early as 1739, according to Dr. Hugh Lefler's History of North Carolina, George Whitfield, one of the 18th century's greatest evangelists, preached in North Carolina several times, making 'hell so vivid that one could locate it on the map'.

Yes, Swansboro Methodist is steeped in the religious heritage of America. Even before the Methodist Church had been officially organized, (in Baltimore on May 21, 1776) the North Carolina Circuit had been officially established. By 1783, there were ten circuits in North Carolina and Francis Poythress was it's Presiding Elder. His territory covered the area from the Cape Fear to the Virginia Line.

Francis Asbury, first Bishop of the Methodist Church in America, is said to have preached at least ten sermons a day for over forty years. He covered his vast territory on horseback and in his later years he had to be assisted when mounting his horse. He visited in Swansboro on three occasions, having recorded these visits in his, now famous, Journal. He says he organized a Society in Swansbury in April, 1785. In December of the same year he spent two days, December 24 and 25 in Swansbury and held a Quarterly Conference. On January 27, 1791, he recorded that he preached at Swansbury - the people were attentive - O that God may bless his word to them.

The Methodist Church was in the Virginia Conference until 1837, at which time the North Carolina Conference came into being Onslow County was placed in the Wilmington District. Little is known about the ministers who served Swansboro during the period from 1837-1871, but we do know that many of the great preachers of that time visited the area. Erasmus Hill spent his summers until 1810 at the home of his in-laws, the John Starkeys, whose home was here in Swansboro at Mount Pleasant. The research papers of the late Mr. Fitzhugh Morris named a number of preachers who were active in this area during this period, among them Lorenzo Dow, Elijah Grinade (early Onslow name), Dougan Johnson, George Hardison, F. B. McCall and John Mattocks. The late four married girls from the Swansboro, Tabernacle Hubert area. Tabernacle was the most

(Continued)



HISTORY OF THE SWANSBORO METHODIST CHURCH (Continued)

active of the churches and pastors serving Tabernacle also served Swansboro for many. years. Some of the preachers were: Mr. Bowie, Mr. Robertson, Mr. Perkins, Mr. Stephenson, Mr. Jimmy Coston and Uncle "ike" Henderson, during the 1837-1872 period.

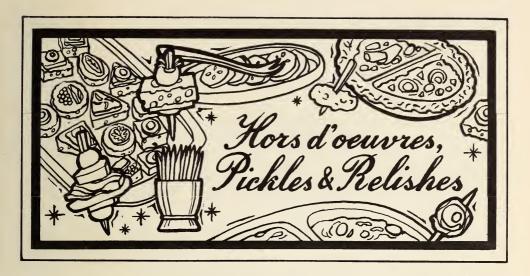
The present Methodist Church was instituted on March 1, 1871. The congregation included everybody living here at that time (about 15 families) as well as those in the surrounding countryside. This congregation worshipped in the old Brick Store and in a house now owned by Richard Webb (at that time this house was a school), until they could build a church. The church they built was on the corner of Church and Elm Streets. The exact date of the building of this church has not been determined, but more research will reveal this, I'm sure. It was not long after 1880, if any. This was the only church building until 1897, when the Baptist built the church on the corner of Main and Water Streets.

In 1930, the Methodist Church purchased the building on Church Street, which had been built for a school building for the Unitarians, and moved into this building in 1931. This spacious building housed both the Church and quarters for the Parsonage Family.

In 1956, Swansboro Church became a station with a full time pastor. This brought about the desire to build a new church as we had already outgrown the old quarters.

The parsonage family had been moved into a new parsonage and the extra space was now filled with Sunday School pupils.

The dream for a new church, however, met many obstacles and not until 1968, some 12 years later, is this new edifice a reality. This spring of 1968 will find the Methodist Church congregation of Swansboro moving into the building. Years of dreaming and much hard work have brought this about. This is a far cry from the humble beginnings of the church in Swansboro over two centuries ago, but the Spirit which moved those of the past continues to work in the hearts of our people today. We thank the Almighty for our rich Christian heritage.



BREAD AND BUTTER PICKLES

Charlotte Fields

1 gal. medium to small cucumbers 8 small onions

2 green peppers 1/2 c. salt

No. 2 5 c. vinegar 5 c. sugar 1 1/2 tsp. turmeric

1/2 tsp. ground cloves 2 Tbsp. mustard seed 1 tsp. celery seed

Slice cucumbers and onions paper thin. Cut pepper into fine strips. Mix with salt and bury 1 qt. cracked ice in the mixture. Cover and let stand 3 hours in a cool place. Drain and mix with solution No. 2. Heat pickles to scalding, but do not boil. Pour into hot jars and seal.

CLAM PUFFS

Alice McCullough

1 can clams (minced,) 8 or

1 tsp. grated onion

1 large pkg. cream cheese 3 tsp. clam juice

3 tsp. cream (may be a little less)

1/2 tsp. Worcestershire sauce Bread, toasted on 1 side

Cut off crusts and cut into small squares - the bread. (may do in advance). Soften the cream cheese with the clam juice. Add all ingredients and mix well. Mixture should be consistency of heavy whipped cream. Drop a small amount on untoasted side of bread and broil at 375 degrees about 5 minutes. Mixture may be made in advance and kept in refrigerator. Do not spread until ready to serve.

CRISP CRUNCHY CUCUMBER SLICES

Lib Jones

7 lb. cucumbers (about 4 qts. sliced)

1/2 bottle Lilly lime 1/2 c. powdered alum

4 lb. sugar 2 qts. vinegar

Spices to taste

Slice cucumbers in thin slices; soak them 12 hours in lime water to cover. Pour off lime water and cover cucumbers with salt water and let stand 4 hours. Rinse and soak in clear water 2 hours. Bring to boil in water to which alum has been added. Pour off alum water and rinse with boiling water. Boil 30 minutes in vinegar, sugar and whole pickling spices. (About 1/4 c. tied in a cloth bag). Cool, pack into jars and seal.

GREEN TOMATO SWEET PICKLES

Dixie M. Moore

7 lb. green tomatoes (sliced thinly) 1 tsp. ginger
5 lb. sugar 1 tsp. allspice
3 pts. white vinegar 1 tsp. mace
1 pt. water 1 stick cinnamon

Soak tomatoes overnight in 2 gal. water to which 1 c. of lime has been added and dissolved. Drain after soaking. Wash and soak in fresh water for 4 hours, changing water every hour. Place all other ingredients in canning kettle. Put all spices in cheesecloth bag and tie loosely. Bring to a boil, pour over drained tomatoes and let stand until next morning. Boil all for 1 hour or until clear and transparent. Pack boiling hot into sterilized jars and seal. Makes 8 1/2 pints.

OLIVE CHEESE SNACKS

Nancy J. Worley

1 small jar bacon and cheese spread 1 tsp. Worcestershire sauce 1 tsp. soft butter 2 Tbsp. flour 1 small jar olives

Mix first 4 ingredients until smooth and doughy. Form into a ball around each olive. Bake at 350 degrees until brown (15 minutes).

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ASPARAGUS AND GARDEN PEA CASSEROLE

Mary Shuller

1 c. white sauce, seasoned well

1 can asparagus

1/2 c. grated cheese 1 can garden peas 1/2 c. bread crumbs

Arrange layer of asparagus in bottom of casserole. Put on this a layer of peas, then white sauce, etc. Finish with bread crumbs and cheese. Brown in an oven about 15 minutes.

BEAN SALAD

Marguerite Thomas

1 lb. can green beans 1/2	c. sugar
1 lb. can cut wax beans 2/3	c. vinegar
	c. salad oil
	sp. salt
	sp. pepper

Drain beans. Combine sugar, vinegar and oil. Pour over the vegetables. Add salt and pepper and toss lightly. Chill over night. Before serving time, toss lightly to coat the vegetables with the marinade. Drain. Serves 6 to 8.

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BEAN SALAD

Margaret Williams

1 can kidney beans

1 can cut green beans

1 can wax beans

1 medium green pepper, cut fine

1 small jar pimento

1 small onion, cut fine

1/2 c. sugar

1 tsp. basil (crushed)

1/2 c. oil

1/2 c. vinegar 1 tsp. dry mustard

Salt to taste

Mix together and let stand overnight. Keeps well.

CALICO SALAD

Leontine Petteway

1 c. elbow macaroni or other shape (boiled and drained)

1 1/2 Tbsp. lemon juice

1 Tbsp. salad oil

1 tsp. finely chopped onion 1 c. diced celery, with a few

leaves

1 c. minced fresh parsley 1/2 c. stuffed olives

3/4 tsp. salt

Black pepper to taste 3 Tbsp. sour cream

Pimento

Mix lemon juice and salad oil, and toss over macaroni. Chill for several hours. Then add other ingredients and mix. Serve over lettuce. It makes an attractive filling for tomato aspic ring.

CHRISTMAS CRANBERRY SALAD

Janice Bean

1 can whole cranberries 1 large pkg. raspberry Jell-O 1 envelope unflavored gelatin

3/4 c. apples, finely diced

1 c. celery, finely diced

3/4 c. crushed pineapple, drained 1/2 c. English walnuts, chopped

Heat cranberries. Pour 2 c. boiling water with Jell-O. Pour these 2 ingredients into a bowl. Mix gelatin with 1/4 c. cold water and add to mixture. Add juice from pineapple at this time. Place into refrigerator and chill until almost set. Add apples, celery, pineapple and nuts. Pour into mold. Serve on lettuce.

CRANBERRY SALAD

Mary Banks

2 boxes black raspberry Jell-O 1 small can crushed pineapple 2 c. boiling water

1 can whole cranberry sauce Rind of 1 orange, grated

1 c. nuts

Dissolve Jell-O in boiling water, add sauce. When well mixed, add other ingredients. Chill. Serves about 12.

Martha Jean Moe

ENGLISH PEA CASSEROLE

1 can drained peas 1 can celery soup 1 can French fried onions

Few drops Tabasco sauce

Put peas into casserole and pour over the celery soup. Add a few drops of Tabasco sauce. Bake at 400 degrees until it bubbles. Then add French fried onions in amount desired. Heat for about 5 minutes more, until hot. Don't brown.

FIVE CUP SALAD

Margaret Williams

1 c. crushed pineapple 1 c. miniature marshmallows

1 c. fruit cocktail 1 c. sour cream

1 c. coconut

with juice

Mix well and chill.

GREEN BEAN CASSEROLE

Vicky Guthrie

1 can cream of mushroom 1 can whole green beans 1 can fried onion rings soup

In 2-quart casserole, spread beans and mushroom soup, then bake at 350 degrees for 30 minutes. Add onion rings and heat for about 5 minutes more.

PINEAPPLE LIME VELVET

Virginia Roebuck

1/2 c. heavy cream, whipped 1 pkg. lime gelatin 1/2 c. finely cut celery 1 c. boiling water 3 oz. pkg. cream cheese Maraschino cherries 2/3 c. pineapple (crushed) Watercress

Add gelatin to water and stir until dissolved. Add cheese and beat with beater until cheese is well blended. Chill until slightly congealed. Add pineapple and celery. Fold in whipped cream lightly, but thoroughly. Turn into 3 or 4 c. mold that has been rinsed with cold water. Chill until firm. Unmold. Serve on watercress. Garnish with cherries. Serves 6 or 8.

PINEAPPLE AND MARSHMALLOW SALAD Charlotte Fields

1/2 lb. marshmallows, quart- 1/4 c. maraschino cherries 1 large can pineapple, cut in 1/2 c. chopped nuts small pieces or 1 large can tidbits

Mix the following dressing: Cook together until thick over low heat: 1 beaten egg, 1/3 c. sugar, 1/4 c. vinegar and cool. Combine all ingredients with 1/2 pt. whipped cream. Serves about 8.

PINEAPPLE SIEVE SALAD

Grace H. Tolson

1/2 c. pineapple juice2 Tbsp. mayonnaise12 marshmallows (large)1 1/2 c. water - boiling1 small pkg. cream cheese1 pkg. lime Jell-O1 small can crushed pineapple1 c. broken pecans 1/2 c. pineapple juice

Dissolve marshmallows in hot water and the pineapple juice, and pour over the Jell-O. Let cool. Mix cream cheese and mayonnaise until real creamy and nu lumps. Add to Jell-O mixture which has begun to jell. Add crushed pineapple and nuts. Pour into mold and chill in refrigerator until firm.

SAUTEED RED CABBAGE

Margaret Williams

1 large onion, chopped 1 bay leaf 1/3 c. bacon drippings 1/2 tsp. salt 1 medium sized cabbage (2 or 1 Tbsp. sugar Dash of pepper $2 \frac{1}{2} \text{ lbs.}$ 3 tart apples, cored, pared, 1/4 c. red wine vinegar and chopped

Saute onions in bacon drippings till tender. Add all ingredients except vinegar and sugar. Cook over low heat 20 minutes, stirring occasionally. Combine sugar and vinegar. Add to cabbage and cook 5 minutes longer. Serves 6.

SCALLOPED CORN

Ruby Milsted

1/2 small onion, finely chopped 1 #3 can cream style corn 1/4 c. flour 1 egg, slightly beaten 1 Tbsp. sugar 3/4 c. milk 2 Tbsp. butter Salt 1 small green pepper, cut in strips

Saute onions and pepper in butter. Add flour. Gradually add milk and thicken over heat. Add egg, sugar, salt and corn. Place in buttered baking dish. Bake at 350 degrees to 375 degrees about 30 minutes. Serves about 6.

SNAP BEANS WITH MUSHROOMS SOUP Leontine Petteway

1 lb. string beans (cooked 2 Tbsp. rich milk Grated cheese 1 can mushroom soup

Drain beans, and add mushroom soup and milk, and mix. Pour into casserole and sprinkle with grated cheese. Place under broiler until cheese is melted.



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SQUASH CASSEROLE

2 c. cooked squash, drained 1 can cream of chicken soup, undiluted

1 c. sour cream

1 grated raw carrot Salt and pepper to taste 2 Tbsp. butter Pepperidge Farm Dressing Crumbs

Melt butter in a casserole. Sprinkle Pepperidge Farm Dressing Crumbs to cover bottom of casserole. Pour mixture over crumbs. Cover top with crumbs and bake at 325 degrees about 45 minutes. May be prepared for baking next day. Cooked eggplant may be substituted for squash.

SUMMER SQUASH WITH SOUR CREAM

Martha Jane Moe

2 lb. squash, cut in 1-inch strips 1 tsp. salt 1/3 c. chopped onions

2 Tbsp. butter or margarine 1 c. sour dairy cream 4 Tbsp. flour Paprika

Sprinkle squash with salt and let stand 1 hour to improve flavor. Drain. Cook squash in butter over low heat. When tender, add sour cream mixed with flour. Simmer 15 to 20 minutes, stirring. Sprinkle with paprika.

SWEET POTATOES WITH ORANGE SAUCE

Ruby Milsted

4 Tbsp. butter or margarine 5 or 6 potatoes (about 5inches long)

3 Tbsp. brown sugar

2 tsp. grated rind of lemon and orange 1/2 c. orange juice

1/2 tsp. salt

Boil potatoes until tender. Peel and place in a baking dish. Pour oven them a sauce made with all other ingredients. To make sauce, heat ingredients but do not boil. Bake at 375 degrees for 30 minutes.

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Write Extra Recipes	s Here:		



BAKED PORK CHOPS

Gladys Guthrie

6 pork chops Salt

Pepper 1 can cream of mushroom soup

Brown chops on both sides in heavy skillet. Drain off fat and season with salt and pepper. Place chops in baking dish and pour the cream of mushroom soup over. Bake in moderate oven until tender.

HAMBURGER - BEAN CASSEROLE

Sara Ellington

1 lb. ground beef 1 small onion, chopped 1 large can of pork and beans 1 Tbsp. mustard

2 cans tomato soup 2 Tbsp. brown sugar

Fry beef and onions until done. Put in a baking dish. Add beans, soup, brown sugar and mustard Bake at 400 degrees for 45 minutes

PORK AND RICE

Etta Lea Lamm

6 pork chops 2/3 c. uncooked rice 1 c. water 2 tsp. salt

1 can (1 lb.) tomatoes 1 c. whole kernel corn 1/4 tsp. black pepper 1/2 c. chopped onion

Trim some fat from chops and fry out the grease. Add chops and brown slowly on both sides. Lift out and pour off excess fat. Add water. Sprinkle chops with salt and arrange over the rice in bottom of skillet. Add onions and tomatoes and spoon on the corn. Sprinkle with pepper and bring to a boil. Turn heat to low. Cover and simmer 25 to 35 minutes or until the rice is tender. Add a small amount of water should the mixture cook dry.

PORK CHOPS SUPREME

Susan Casper

Pork chops Salt Lemon Onion Brown sugar Catsup

Heat oven to 350 degrees. For each serving, trim excess fat from 1 pork chop. Place chops in baking pan or dish and salt well. Top each chop with a lemon slice, a thin onion slice, and sprinkle generously with brown sugar. Pour 1 Tbsp. cats up over each chop. Cover and bake 2 1/2 hours. Uncover and bake 30 minutes longer, checking chops occasionally to see that they do not burn. Remove from oven as soon as all juices have evaporated.

PORK CHOPS WITH LEMON

Florence Alligood

6 chops, lean 6 thin slices lemon

1/2 c. brown sugar 1/2 c. tomato catsup

Place chops in one layer in baking dish. Top each with a slice of lemon. Sprinkle with sugar; add catsup. Bake covered at 300 to 325 degrees about 50 minutes. Uncover last 25 minutes. Serves 3 or 4.

SLOPPY JOSE'S

Betty Ruby

1 lb. beef, ground 1 c. chopped onion 1 c. chopped celery 1/2 tsp. chili powder 1/2 tsp. salt

Dash of pepper
1 Tbsp. shortening
1 can (10 1/2 oz.) condensed
tomato soup
6 buns, split and toasted

Brown beef with onions, celery and seasonings in shortening; stir to separate meat particles. Add soup and simmer to blend flavor. Serve on buns. 6 Servings.

When using hamburger, omit shortening.

BAKED FLOUNDER

Elsie Jones

3 lb. flounder 2 c. water 2 Tbsp. flour Salt and pepper to taste 4 bacon strips 3 Tbsp. bacon fat 3 medium potatoes 2 medium onions

Cut about 6 gashes on flounder on dark side, then salt to taste Place flounder in a baking pan. Peel and slice onions and potatoes around flounder. Mix flour, salt and bacon fat and pour over fish Place bacon strips over gashes Sprinkle black pepper to taste. Pour water into pan. Bake at 325 degrees for 1 1/4 hours, basting occasionally. Serves 5.

BAKED SEAFOOD CASSEROLE

1 lb. crab meat

1 lb. shrimp, cooked, shelled and deveined

1 c. mayonnaise

1/2 c. chopped green pepper 1/4 c. finely chopped onion

 $1 \frac{1}{2}$ c. finely chopped celery

1/2 tsp. salt

1 Tbsp. Worcestershire sauce

2 c. coarsely crushed potato chips

Paprika

Heat oven to 400 degrees. Saute vegetables Combine with crab meat, shrimp, mayonnaise, salt and Worcestershire sauce Pour into a buttered 2 1/2 quart casserole. Top with crushed potato chips. Sprinkle with paprika. Bake 20 to 25 minutes, until mixture is thoroughly heated. Makes about 8 servings.

CAROLINA CLAM CHOWDER

Phoebe Meadows

1 pt. finely chopped clams 5 large white potatoes 1/2 stick butter 2 slices pork (fat) 1/2 c. milk 3 qts. water Salt and pepper to taste

Cook the potatoes until soft enough to mash. Add the butter and milk and whip until smooth. Into a large pot put the clams, the water and the whipped potatoes. Fry out the fat pork and add drippings (about 2 Tbsp.) to the clams. Also add the fat pork if desired. Season to taste and cook slowly for about 30 minutes.

CLAM CHOWDER

Mildred Merritt

1 qt. clams, ground (reserve liquid)

2 large onions, chopped 2 medium white potatoes,

chopped

1/2 tsp. pepper

2 Tosp. corn meal, browned

1/4 c. bacon drippings

1/4 tsp. thyme

Saute onions in bacon drippings, add clams and cook a few minutes. Add potatoes, clam juice, thyme and corn meal. Cook until potatoes are done. Add water if necessary.

CLAM FRITTERS

Muriel White

1 pt. diced clams, include 1 beaten egg 1/2 c. flour Salt and pepper to taste 1/2 c. corn meal

Combine ingredients in a mixing bowl. Blend well Fry in hot, lightly greased skillet. If batter is too thick, thin with a small amount of milk.

CRABMEAT CAKES

Alice McCullough

1/3 c. butter 1 clove garlic 1/4 c. flour 1 c. milk 3/4 tsp. salt Pepper 1/2 tsp. Worcestershire sauce 1 2/3 c. crabmeat, flaked 3/4 c. dry bread crumbs 1 egg, beaten and diluted with 1 Tbsp. water 1 hard cooked egg

Melt half the butter in a saucepan with clove of garlic which has been sliced. Remove garlic when butter is melted. Blend in flour and add the milk, stirring constantly until sauce boils and thickens. Add salt, pepper and Worcestershire sauce to the white sauce. There should be 1 1/4 c. To 1/2 the sauce add 1/4 c. of the bread crumbs and the crabmeat. Mix well. Cover tightly and chill in refrigerator. Shape mixture into 10 small patties, dip into remaining bread crumbs, beaten egg and again in crumbs. Pan fry in remaining butter in a moderately hot skillet for about 5 minutes. Serve hot with remaining white sauce thinned with the 1/4 c. of milk and reheat. Garnish with the hard cooked egg. These freeze well.

CRABMEAT CASSEROLE

Dixie Moore

1 lb. crabmeat 3/4 stick butter 2 boiled eggs, chopped 2 Tbsp. lemon juice 2 Tbsp. mayonnaise 2 slices crushed toast Salt and pepper

Mix and turn into a buttered casserole. Bake at 350 degrees for 20 minutes. 4 generous servings.

CRAB-SHRIMP BAKE

Sara Ellington

1 medium green pepper, chopped1 medium onion, chopped1 c. chopped celery

1 - 6 1/2 oz. can crab meat, flaked

1 c. cleaned shrimp
1/2 tsp. salt
Dash of pepper
1 tsp. Worcestershire sauce
1 c. mayonnaise
1 c. buttered crumbs

Combine all ingredients except the crumbs. Place in greased casserole. Sprinkle with crumbs. Bake at 350 degrees about 30 minutes.

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4 c. water

1 dozen cleaned crabs 1 small onion, chopped 1/2 c. bacon drippings Pepper and salt to taste

Place crabs in kettle. Add water and onion. Bring to a boil. Add bacon drippings, salt and pepper. Cook until crabs turn red Serve with hot biscuits or corn bread.

DEVILED CRABS

Virginia Roebuck

1/4 c. butter 2 Tbsp. flour 1/2 c. milk 2 c. cooked crab meat, flaked 1/2 tsp. salt 1/2 tsp. paprika

1/4 tsp. pepper 1/2 tsp. prepared mustard 1 Tbsp. chopped parsley 1 Tbsp. lemon juice Yolk of 3 hard boiled eggs, mashed 2/3 c. buttered crumbs

Melt butter in a saucepan, and blend in flour. Add milk gradually, and cook over low heat, stirring constantly until sauce boils and thickens. Fold in remaining ingredients except buttered crumbs and mix until well blended, but do not mash. Turn mixture into greased casserole (6 c.) or into individual casseroles or cleaned crab shells. Sprinkle with buttered crumbs and bake in a moderately hot oven (400 degrees) for 5 or 10 minutes or until crumbs are brown and mixture is heated through. Serve at once. Serves 4.

FISH FILLETS WITH MUSHROOM SAUCE

Dixie Moore

1/4 c. butter or margarine 1/2 c. sliced onions 1 - 10 oz. can mushroom soup 1/2 c. milk 1/2 tsp. salt 1/8 tsp. black pepper

1/8 tsp. thyme 4 fillets of trout, cod or haddock 1/4 c. bread crumbs 1/2 tsp. paprika 1 Tbsp. melted butter or margarine 1 green pepper, cut in 1/2-inch strips

Preheat electric skillet to 250 degrees. Melt butter, saute onions in butter until lightly browned Add mushroom soup, milk, salt pepper and thyme Mix thoroughly. Place fish in skillet. Mix together the bread crumbs, butter and paprika. Spread over the fish; place strips of green pepper on top. Cover skillet. Cook 30 minutes or until fish is tender. Makes 6 to 8 servings.

NORTH CAROLINE CONCH CHOWDER

Phoebe Meadows

1 qt. finely chopped conchs 5 c. water

1 Tbsp. salt 1/2 tsp. pepper 1 large onion, chopped

3 medium potatoes (white) diced

2 hard boiled eggs

Chop conchs and place in a pressure cooker with salt and pepper, onion and water. Cook for about 30 minutes at 10 lbs. pressure. Allow cooker to cool slowly and after pressure is down, add potatoes and cook until done. If desired, corn meal dumplings may be added. They will the thicken the chowder considerably. More water may be added if you desire a thinner mixture. When chowder is done, add the hard boiled eggs (chopped) and serve hot. Serves about 8.

SCALLOP FRITTERS

Georgia Dennis

2 c. chopped scallops 1/2 c. self rising flour 1/4 c. corn meal

1/8 tsp. salt and pepper to taste 1 egg

Mix all ingredients. Drop in hot fat and let brown.

SHRIMP AND CHEESE BAKE

Mary Guthrie

1 - 3 oz. pkg. cream cheese 1 1/4 oz. Roquefort Cheese 6 slices lemon 1 pimento, chopped

Make a paste of the cheeses and pimento. Divide and spread on six 21-inch squares of foil. Place raw shrimp on the paste. Top with lemon slices. Seal the foil in a pouch like fashion. Bake for 30 minutes in a medium oven. Note: If desired, make in advance and refrigerate before cooking. Serves 6

SHRIMP AND RICE SOUTHERN STYLE

Marguerite Thomas

4 c. uncooked rice 1/2 c. oil or bacon drippings 2 cloves garlic, minced 2 medium onions, sliced 2 green peppers, chopped 2 c. tomatoes, canned

2 c. diced cooked ham 4 c. fresh shrimp

4 c. water

Salt, pepper, cayene, thyme, marjoram and bay leaf as desired

Brown uncooked rice slowly in oil or drippings, stirring frequently. Add garlic and onion and cook a few minutes longer, then add remaining ingredients with seasonings to taste. Cover and let simmer slowly about 45 minutes. If it should cook dry, add a little more water. For extra color and goodness, add 2 to 4 c. cooked green peas just before servings. Serves 10 to 12

SHRIMP CHOWDER

2 large onions, peeled and sliced

1/4 c. butter or margarine

1 c. boiling water

6 medium potatoes, pared and cubed

1 Tbsp. salt

1/2 tsp. black pepper 1 1/2 qt. milk

2 c. (1/2 lb.) grated processed

2 lb. raw shrimp, shelled and

About 1 hour before serving: In Dutch oven, saute onion sliced in hot butter until tender. Add boiling water, then potatoes, salt and pepper. Simmer, covered for 20 minutes or until potatoes are tender. Do not drain.

Meanwhile, heat milk with cheese until cheese has melted and milk is hot. Do not boil. Add shrimp to potatoes and cook until they are pink, about 3 minutes. Add hot milk and cheese mixture. Heat, but do not boil. Sprinkle with snipped parsley, if desired.

SHRIMP CREOLE

Helen T. Hamilton

6 large onions

3 lb. raw shrimp (may use 4 lbs.)

1 stalk celery

3 green peppers
Juice of 1 leadin
1 tsp. French's prepared mustard

1/2 lb. New York State Cheese (optional)

1/4 c. bacon fat 1 can tomato soup

1 can mushroom soup 1 can tomatoes

1 Tbsp. Worcestershire sauce

1 tsp. Tabasco

To cook shrimp: clean and put in a pan with cold water to cover. Add 1 bay leaf and 1 hot dried pepper. Bring to a boil and hold for 7 minutes. Take off stove, and add 1 Tbsp. salt and cool. Cut up onions, celery and pepper and saute in bacon fat Cook to the consistency of pulp. Add cooked shrimp and cook until hot. Have cooked 2 lb. long grain rice. Pour shrimp mixture over rice and sprinkle with New York State Cheese. Serves 12.

SHRIMP CREOLE

Louise Winters

1/2 c. diced celery 1 c. sliced onions 1 clove garlic, minced

3 Tbsp. flour 1 tsp. salt

2-3 tsp. chili powder

1 c. water

4 c. boiled white rice 2 c. canned tomatoes

2 c canned peas

1 Tbsp. vinegar 2 c. cleaned cooked shrimp

Cook first 3 ingredients until tender in butter in skillet over medium heat, about 10 minutes. Add combined flour, salt, sugar and chili powder mixed with 1/2 c. water. Simmer, uncovered, 15 minutes. Add other ingredients except rice. Serve over cooked rice

SHRIMP SUPREME

Mary Guthrie

1/4 c. onions, chopped
2 Tbsp. celery, minced
1/2 tsp. salt
1/2 tsp, cinnamon
2 c. stewed tomatoes 3 Tbsp. flour 1 to 2 Tbsp. chili powder

2 lb. peeled, deveined shrimp

Cook celery and onions in butter until soft, but not brown. Stir in flour, chili powder, salt and cinnamon. Add tomatoes, stirring to blend. Simmer gently about 10 minutes. Stir frequently. Five minutes before serving, add shrimp and cook until firm. This may be served over rice. 4 to 6 servings.

SPICED SHRIMP

Charlotte Fields

2 lb. shrimp (cleaned) 2 tsp. salt 1/2 c. celery tops 1/4 c. pickling spices (tied) 2 tsp. celery seed in a bag) 2 tsp. mustard seed Onions

1/4 c. salad oil 3/4 c. vinegar 2 Tbsp. capers and juice Dash of tabasco

Boil first 4 in enough water to cover. Simmer 13 minutes. Drain and cool. Combine all other except onion. Alternate layers of shrimp and sliced onion in a bowl. Add last mixture to shrimp and onion. Cover and store in refrigerator at least 24 hours for best flavor.

TUNA FISH SAUCE FOR SPAGHETTI

Leontine Petteway

1 can tuna (7 oz.)
2/3 c. chopped onions
2 Tbsp. chopped parsley
1 clove garlic, chopped
Pepper and salt to taste

Drain oil from tuna and add enough salad oil to make 1/4 c. Put oil in heavy skillet and add onions and garlic. Saute until tender, about 10 minutes. Stir in tuna and add tomato sauce and simmer uncovered for about 18 minutes or until it begins to thicken. Add parsley, salt and pepper. Serve over rice, spaghetti or noodles.

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Catherine T. Hargett

BAKED CHICKEN SALAD

2 c. cooked chicken, chopped
2 c. celery, cut (pre-cook
and drain)
1/2 tsp. salt
1/2 c. mayonnaise
1/2 c. mushroom soup
1 tsp. chopped onion

Mix lightly. Put into shallow baking dish, cover with 1 can of Chinese noodles, sprinkle with 1/2 c. grated cheese and slivered almonds. Bake at 350 degrees for about 25 minutes, until heated thoroughly.

CHICKEN SALAD

Margaret Williams

1 chicken	1/2 c. sugar
Equal amount of celery	1 c. vinegar
2 eggs	1 large milk
4 Tbsp. mustard	Fat from chicken

Separate eggs, beat yolks, mix well with mustard, fat from chicken, sugar, vinegar, milk and egg whites (well beaten). Put into double boiler and stir constantly until it thickens (if it won't thicken, add flour). Mix with chicken and celery and chill.

CHICKEN TETRAZZINI

Sara Ellington

1 - 8 oz. pkg. macaroni -	1 c. milk
cooked and set aside	1/2 c. shredded cheese
1/3 c. minced onion	1/4 c. slivered almonds
1/2 c minced green pepper	2 c chicken or turkey,
1 can cream mushroom soup	chopped

Saute onion and pepper in hot fat. Add mushrooms, soup, milk, shredded cheese and almonds and 2 c. chicken. Mix. Alternate layers of macaroni and sauce in casserole. Bake 20 minutes at 400 degrees.

DUMPLINGS FOR CHICKEN

Elsie Jones

1	1/2	c. sifted flour (plain)	3/4 tsp.	salt
3	tsp.	baking powder	$1~{ m egg}^-$	

Mix all ingredients with enough milk to make a stiff batter. Drop by spoonfuls into thickened gravy (chicken broth) and cook for 15 minutes.

MUSHROOM CHICKEN

Susan Casper

1 fryer or favorite pieces 1 stick margarine 1/2 c. white cooking wine 1 can mushroom soup Salt

Melt margarine and coat chicken. Place in casserole dish and put in hot oven (400 degrees). Brown chicken lightly (about 15 minutes on each side). Salt lightly. Turn chicken only once. Pour mushroom soup over chicken and add cooking wine. Cover and bake in an oven at 350 degrees for about 1 1/2 hours.

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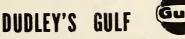
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CHEESE BISCUITS

Christine Ross

1/2 lb. sharp cheese
1 1/2 sticks butter or margarine
Pinch of salt
Dash of cayenne pepper
2 c. rice crispies 2 c. sifted flour

Blend together cheese and butter until creamy. Add 2 c. flour, pinch of salt and dash of cayenne pepper. Fold in rice Krispies. Form into small balls and bake at 400 degrees about 7 minutes or until light brown.

CHEW BREAD

Elsie Jones

1 stick margarine 1 box brown sugar 2 c. self-rising flour 1 tsp. vanilla extract

3 eggs

Cream margarine. Add sugar, well beaten eggs and sifted flour. Add about 1 c of nuts or coconut, raisins or dates, chopped fine. Bake at 300 degrees in an oblong pan (13 $1/8 \times 9 \cdot 1/2 \times 2$) for 30 or 40 minutes. Let cool and cut in squares.

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CHRISTMAS BREAD

Charlotte Fields

2 c. milk
1 c. sugar
1 1/3 c. butter
2 pkg. active dry yeast
1/4 c. warm water
9 1/2 c. unsifted flour (about)
4 eggs, slightly beaten

1 1/2 c. blanched almonds

1 1/2 c. raisins
1/2 c. currants
2 Tbsp. orange juice concentrate
1 Tbsp. finely chopped orange peel
Grated rind of 1 lemon
2 tsp. vanilla
Melted butter

Scald milk and add sugar and butter; stir until lukewarm. Dissolve yeast in warm water and add. Stir in 2 c. flour. Leave in a warm place till bubbly. Stir in the eggs and about 7 1/2 c. flour (enough to make a light dough). Knead in remaining ingredients except the last two. Continue to knead until dough is smooth and elastic. Place in a greased bowl and turn dough over to coat with grease. Cover. Let rise in a warm place until double in bulk (about 1 hour). Punch down the dough. Divide into 3 parts and let rest for 10 minutes. Flatten each part into an oval about 3/4-inches thick. Brush with melted butter. Fold ovals not quite in half. Place on greased baking sheet. Brush with butter. Cover and let rise until double in bulk, about 1 hour. Bake 10 minutes at 425 degrees. Reduce heat to 350 degrees and bake 20 minutes. Brush with butter and dust with sugar. Makes 3 loaves.

XXXX Sugar

FILLED COOKIES

Muriel White

2 c. brown sugar 1 c. Crisco 2 eggs 1/2 tsp. salt

1 tsp. vanilla
1/2 tsp. soda dissolved in
1/2 c. sweet milk
2 tsp. baking powder
4 c. all purpose flour

Filling:
1 box seeded (Sun-Maid)
raisins
2 c. sugar

1/2 c. chopped nuts 4 tsp cornstarch (heaping) 2 c. cold water

Make a stiff dough and refrigerate overnight. Divide dough and roll our thin. Cut with 1 1/2 inch cutter. Place on about 1 1/2 tsp. filling and cover with another circle. Seal edges. Bake at 350 degrees until brown. Filling: Mix all together and cook until thick. Note: Dates or figs may be used. Combination of dates and raisins.

Charlotte Fields

HUSH PUPPIES

2 1/2 c. corn meal 1 tsp. soda 1/2 c. flour 2 tsp. salt 1 1/2 c. buttermilk 1 tsp. sugar

Water, enough to make mixture just soft enough to hold shape.

Mix all ingredients and drop from end of pancake turner or spoon in slender fingers into deep fat. Cook until brown. Serves 8.

OATMEAL COOKIES

Catherine T. Hargett

1 c. shortening
1 c. brown sugar (packed)
1/2 c. white sugar
2 eggs, added 1 at a time
1 tsp. vanilla
1 1/2 c. flour

1/2 tsp. salt
1 tsp. soda
1 tsp. nutmeg
3 c. rolled oats
1/2 c. chopped nuts

Sift together: flour, salt, soda and nutmeg. Mix ingredients together and store in refrigerator or freezer until ready to bake. Cut 1/4 inches thick and bake at 350 degrees for 10 minutes.

ROLLS (EASY)

Catherine T. Hargett

1 1/2 c. lukewarm water, in bowl 2 Tbsp. shortening 2 Tbsp. sugar 1 pkg. dry yeast

Dissolve yeast in warm water, then add flour until like dough and let rise until double. Work out and make rolls and let rise again. Bake at 450 degrees.

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APPLE NUT CAKE

Gladys Guthrie

1 c. oil or 2 sticks butter
2 c. sugar
2 1/2 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
2 eggs

3 c. raw chopped apples 1 c. black walnuts 1 tsp. vanilla 1 tsp. nutmeg 1/2 tsp. cinnamon 1/2 tsp. cloves

Cream butter and sugar, add eggs, one at a time, beat well. Add apples, nuts and flour. Mix well and pour into greased tube pan. Bake 1 hour and 15 minutes at 330 degrees.

Topping:

1/4 c. milk

1 stick margarine

1 c. brown sugar

APRICOT NECTAR POUND CAKE

Grace H. Tolson

1 lemon supreme cake mix (Duncan Hines)

3/4 c. corn oil 1 c. apricot nectar

4 eggs

Mix well and pour into tube pan. Bake 1 hour at 325 degrees.

Lemon Glaze: Juice of 1 lemon

1 c. confectioners sugar

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2 1/4 c. flour 1 1/4 c. sugar 1/2 c. butter 1/4 tsp. soda 3 eggs

Dash of nutmeg 1/4 tsp. cinnamon 1 tsp. vanilla 1 1/2 c. bananas, mashed

Mix all dry ingredients. Mix other ingredients. Then mix the two mixtures. Bake at 350 degrees in 2 - 9-inch pans. Frost with desired icing.

CARROT CAKE

Janice Bean

2 c. flour (all-purpose)
1 tsp. baking powder 1/4 tsp. salt 1 1/2 c. salad oil 2 c. sugar 1 tsp. soda 1 tsp. cinnamon

Combine salad oil and sugar. Add eggs 1 at a time, beating well after each. Gradually add dry ingredients (softed together). Mix well. Add 2 cups finely grated carrots (loosely packed). Mix well. Bake in tube pan for 50 or 55 minutes at 350 degrees.

Nut Icing:

(soft)

1/2 c. butter (soft)
1 - 8 oz. pkg. cream cheese
1 tsp. vanilla

1 lb. confectioners' sugar

1 c. black walnuts (chopped)

Blend all until light and fluffy.

EASY PINEAPPLE COCONUT CAKE

Virginia Roebock

1 pkg. white cake mix 1 pkg. instant pineapple pudding mix

4 eggs 3/4 c. water 1/4 c. cooking oil

1 can flaked coconut

Combine all ingredients in a large bowl, beat 8 minutes. Pour into a tube pan lined only in the bottom with brown paper. Do not grease. Cook 50 or 60 minutes, until it springs bake when lightly rouched with finger, at 350 degrees.

LAYER CAKE

Pearl Smith

1/2 c. butter 2 1/4 c. flour 1 c. milk 2 c. sugar 4 egg yolks 1 tsp. vanilla

Cream butter and sugar, and add eggs and beat well. Add flour and milk alternately. Add vanilla. Makes a 3 layer cake. Use desired frosting.

NUT FUDGE CAKE

Louise Winters

1/2 stick butter1 1/2 c. sugar3 eggs1 c. plain flour1 c. chopped nuts3 tsp. cocoa1 tsp. vanilla1/4 tsp. salt

Cream butter and sugar. Add other ingredients and mix well. Pour into 10x12-inch pan. Bake for 25 minutes at 300 degrees. Do not bake until dry.

ORANGE CUP CAKES

Margaret Williams

1/2 c. butter1/2 c. sour milk1 c. white sugar2 eggs2 c. flour (plain)1 c. raisins1/2 tsp. soda1 whole orange1/2 tsp. baking powder

Cream butter and sugar. Add eggs, beat well. Sift baking powder and flour together. Add alternately with milk and soda. Grind raisins and orange in food chopper, and add to the mixture. Bake in paper cups at 350 degrees. When done, put 1 tsp. of the following on each cake: 1 c. brown sugar and juice of 1 orange.

POUND CAKE

Gladys Hat sell

1 c. butter 3 c. sugar 1/2 c. Crisco 3 c. plain flour 5 large eggs 2/3 c. milk 1 Tbsp. vanilla

Grease and flour a tube pan generously. Cream butter and sugar well. Add eggs one at a time, and beat well after each. Add sifted flour and milk, alternately, beating well after each addition. Add vanilla and end up with flour. Pour into pan and bake at 300 degrees for about 1 hour and 45 minutes. May frost with: 2 c. powdered sugar, juice of 2 lemons, and 1/2 stick butter. Note: You may use any flavoring desired.

PRUNE CAKE

Vicky Guthrie

4 eggs 1 jar Jr. prunes (baby food)
1 c. oil 1/2 c. nuts
2 c. flour 1 tsp. each: cinnamon, nutmeg
2 c. sugar and cloves

Mix well and bake in greased and floured tube pan at 350 degrees for 1 hour.

STRAWBERRY CAKE

Martha Jane Moe

1 layer of yellow cake 1 1 pkg strawberry Jell-O 1,

1 pkg. Jell-O instant pudding mix 1/2 pt. whipping cream

1 pkg. frozen strawberries

Put 1 layer of yellow cake, 1 layer prepared Instant pudding mix, 1 layer of strawberry Jell-O mixed with the strawberries and top with 1/2 pint of prepared whipping cream.

BUTTERSCOTCH PIE

Etta Lea Lamm

3 level Tbsp. butter 4 1/2 level Tbsp. flour (plain) 3/4 c. light brown sugar 1/3 tsp. salt 3 egg yolks (use whites for meringue)1 1/2 c. milk3 Tbsp. syrup

Cream butter and add flour. Beat egg yolks slightly and add sugar and salt. Combine with creamed butter and flour. Dissolve the syrup in hot milk and pour over the other ingredients. Cook in double boiler for 15 minutes, stirring constantly and until mixture thickens. Then stir frequently. Put in baked pie shell and top with meringue. Brown in oven at 300 degrees.

CHERRY O CREAM CHEESE PIE

Virginia Roebuck

1 baked pastry shell or crumb crust 1/3 c. lemon juice 1 tsp. vanilla extract

1 pkg. 8 oz. cream cheese 1 1/3 c. (1 can) condensed milk

1 can prepared cherry pie filling (1 lb. 6 oz.)

Soften cheese to room temperature and whip till fluffy. Gradually add condensed milk, while continuing to beat until well blended. Add lemon juice and vanilla extract and blend well. Pour into crust. Chill 2 to 3 hours before garnishing with cherry pie filling.

CHOCOLATE PIE

Ruby Riggs

1 c. sugar 4 Tbsp. flour 2 c. sweet milk 1/4 stick butter 3 Tbsp. cocoa 3 egg yolks 1 tsp. vanilla 1/4 tsp. salt

Mix flour and cocoa with the sugar and add butter and milk. Cook until thick, stirring constantly. When thick, add vanilla and cool. Put into baked pie shell, cover with meringue by beating 3 egg whites stiffly with 6 Tbsp. sugar. Brown in oven at 300 degrees.

COCONUT PIE

(Makes 2 pies)

4 eggs 1 stick butter 2 c. sugar 1 c. milk

2 c. grated coconut 1 tsp. lemon or vanilla extract

Beat eggs (yolks and whites separately). Melt butter. Add all ingredients together and pour into 2 unbaked pie shells. Bake 10 minutes at 350 degrees, then at 325 until done.

CREAM PUFFS OR ECLAIRS

Nancy J. Worley

1 stick oleo 1/4 tsp. salt 1 c. water 4 eggs

Add 1 stick butter to 1 c. boiling water. Stir to melt butter. Add flour and salt. Cook and stir mixture until it is smooth and forms into a soft ball (about 30 seconds) and remove from heat. Add eggs one at a time and beat until mixture is smooth and does not separate. Drop batter onto greased cookie sheet. Bake at 450 degrees for 15 minutes, then at 325 degrees for 25 minutes. Let cool and fill

with vanilla pudding or whipped cream. Frost with chocolate icing. You may fill with different flavor of ice cream. Makes 12.

FRESH STRAWBERRY PIE

Florence Alligood

1 baked pastry shell 3 Tbsp. corn starch or flour 1 qt. strawberries 1 c. whipping cream

1 c. sugar

Put half of the berries, sliced, into the shell. Mash remaining berries until juice is well extracted. Bring the mashed berries to a boil and add sugar and cornstarch. Cook slowly 10 minutes, stirring occasionally. Let cool and pour over the uncooked berries in pastry shell. Top with whipped cream and place in refrigerator. Serves 6.

LEMON ANGEL PIE

Grace H. Tolson

3/4 c. sugar1 Tbsp. margarine4 egg yolks2 egg whites1/4 c. lemon juice8-inch pie shell

For meringue: 2 egg whites

4 Tbsp. sugar

Cream sugar and egg yolks thoroughly. To this mixture add lemon juice and cook in double boiler until thickened(about 10 minutes) Add margarine and stir until melted. Remove from heat and fold in 2 stiffly beaten egg whites. Pour into 8-inch pie shell (baked). Top with meringue and bake at 350 for about 15 min. or till light brown.

OLD FASHIONED CHESS PIE

Martha Williams

2 eggs 1/4 tsp. salt 1 c. granulated sugar 1/2 tsp. vinegar 1/2 c. butter

Beat all together and pour into unbaked pie shell. Bake at 350 degrees until brown and set.

PEANUT PIE

Hannah T. Fitzgerald

20 Ritz crackers, fine
1/2 c. sugar
3/4 c. chopped peanuts (unsalted parched peanuts are
good)
3 egg whites, beaten
1/4 tsp. cream of tartar
1/2 c. sugar
1 tsp. vanilla

Mix first 3 ingredients. Add last 3 ingredients to egg whites. Then fold the 2 mixtures together. Pour into pie pan. Bake until set. (20 or 30 minutes) at 350 degrees. Let cool. Top with whipped cream (1 c.) and garnish with grated bitter chocolate. refrigerate 3 to 4 hours or overnight before serving.

PECAN PIE

Ruth Hokum

Cream Crisco and sugar. Add remaining ingredients and blend. Pour into unbaked pie shell. Bake at 425 degrees 10 minutes, then at 350 degrees for 25 minutes.

SWEET POTATO PIE

Dixie Moore

2 c. mashed cooked sweet potatoes 1/2 tsp. ginger
1 c. brown sugar 1/2 tsp. salt
1/2 c butter 3 eggs, separated
1 1/2 tsp. nutmeg 1 c. evaporated milk

Combine mashed sweet potatoes, brown sugar and butter. Cream well. Add spices, salt, beaten egg yolks and milk. Mix well. Beat egg whites until stiff. Fold into sweet potato mixture. Pour into unbaked pie shell. Bake at 350 degrees for 60 or 70 minutes or until silver knife inserted at edge comes out clean. Serve with whipped cream, if desired. Serves 6.



BOSTON CREAM PIE SPONGE CAKE

Ruby Milsted

4 egg yolks 1 1/2 c. sugar 1/2 c. boiling water 1 1/2 c. cake flour

1/4 tsp. salt 1 tsp. baking powder 1 tsp. vanilla 4 stiffly beaten egg whites

Beat egg yolks until thick. Add sugar and continue beating. Add water, mix well and add sifted dry ingredients. Mix until smooth and add extract. Fold in egg whites. Bake in 2 cake pans at 350 degrees. When done, split in halves to make 4 layers. Spread cream filling between layers.

Filling:

5 Tbsp. flour 1/2 c. sugar 1 tsp. salt

2 c. milk

2 slightly beaten eggs

1 tsp. vanilla

In double boiler mix flour, sugar and salt. Add milk and slightly beaten eggs and vanilla. Cook until thick. Spread between layers.

Chocolate Frosting:

2 Tbsp. butter

3 Tbsp. hot water

2 sqs. chocolate (unsweetened) 1 c. confectioners' sugar (maybe

In saucepan over low heat melt butter, chocolate, add 3Thsp. hot water. Remove from heat, add sugar and stir until smooth. If necessary, add more sugar.

Ice cake with chocolate frosting. (You might melt milk chocolate for frosting). Cut in pie shaped slices and serve with whipped cream.

FRUIT COBBLER

Martha Williams

1 stick margarine

1 c. sugar

1 c. flour

2 tsp. baking powder

3/4 c. milk

1 qt. fruit, any king or #2 can

Melt margarine in 5x8x4-inch pan. Mix sugar, flour, baking powder and milk. Pour over margarine (Do not stir). Pour fruit over this and bake in 350 degree oven for 30 minutes or until done.

GRATED SWEET POTATO PUDDING

Ruby Riggs

2 c. grated raw sweet potatoes 2 Tbsp. melted butter or margarine

1 c. milk1 tsp. cinnamon1 c. sugar1 tsp. nutmeg2 eggs, lightly beaten1 tsp. salt

Grate potatoes into milk to keep them from turning dark. Add other ingredients in order given. Pour into a well-greased 1 1/2-quart casserole. Bake in a 350 degree oven for 1 hour. Serve warm. Note: Cold pudding may be served with cream as "sweet potato pone".

LEMON ANGEL FOOD CUSTARD

Ruby Milsted

6 egg yolks 1 large angel food cake 3/4 c. sugar 1 pkg. Knox gelatin 3/4 c. lemon juice 1/4 c. cold water

Cook first 3 until clear. Soften gelatin in cold water and add to custard Beat egg whites with sugar and fold into the custard Butter a long dish. Tear cake into chunks and place into dish. Pour custard over making sure that all the cake is covered on top and bottom with custard. This is delicious in summer. Serves 10 or 12.

MOLLIE'S APPLE STRUDEL

Mildred Merritt

3 cans Comstock apples
1/2 c. sugar
1/2 stick butter

Nutmeg, generous sprinkling
1 pkg. pie crust mix
2 eggs
1 1/2 c. sugar

Put apples in to 11x14-inch pan. Sprinkle 1/2 c. sugar and dot with 1/2 stick butter over this. Sprinkle nutmeg generously. Mix 1 pkg. pie crust mix, 2 eggs, 1 1/2 c. sugar. Drop this in large lumps over apples. Bake at 350 degrees about 1 hour.



COCONUT BARS

Hattie White

1/2 c. brown sugar
1/2 tsp. salt
1/2 c. butter
1/2 tsp. salt
1 c flour

Cream well sugar, butter and salt. Add flour and blend. Spread in 9x12-inch pan. Bake at 325 degrees 25 minutes or until slightly brown.

Topping:

1 c. brown sugar
1 tsp. vanilla
2 eggs, well beaten
2 Tbsp. flour

1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. salt
1/2 tsp. salt
1 c. coconut, fresh
1 c. chopped nuts

Mix sugar, vanilla and eggs and beat until thick and foamy. Add rest of ingredients and blend. Spread over baked mixture and return to oven. Bake at 325 degrees for 25 minutes or till brown. Cool and cut into bars.

PEANUT BRITTLE

Hattie White

2 c. sugar 4 c. peanuts 1 c. white syrup 1 tsp. salt 1/2 c. boiling water 2 tsp. soda

Cook to soft ball stage first 3 ingredients. Add peanuts and cook until amber colored. Remove from heat and add 2 tsp. soda and 1 tsp. salt together and mix. Pour on buttered surface and cut.

1/2 c. (1 stick) butter 1 c. finely 3 Tbsp. confectioners' sugar 10X sugar 1 c. plain flour, sifted

1 c. finely chopped pecans 10X sugar

Cream butter and 3 Tbsp. 10X sugar until fluffy; stir in flour gradually, then pecans until well blended. Chill several hours, or until firm enough to handle. Roll dough, a teaspoonful at a time, into marble sized balls between palm of hands. Place 2-inches apart, on ungreased cooky sheets. Bake in slow oven (325 degrees) 20 minutes or until lightly golden. Cool on cooky sheets 5 minutes; remove carefully. Roll in 10X sugar while still warm to make a generous white coating; cool completely on wire racks. Store with waxed paper between layers in container with tight fitting cover. Makes 4 dozen.

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CHILI SAUCE

Charlotte Fields

2 gal. chopped red ripe tomatoes1 pt. ground sweet pepper

6 pods ground hot pepper 2 qts. ground onions

3 c. sugar

1/3 c. salt 2 tsp. mustard

2 tsp. ginger

1 Tbsp. chili powder 1/4 c. chopped parsley

4 c. vinegar

Mix all ingredients except vinegar and cook until very thick Add vinegar and boil until there seems to be no free liquid. Seal while hot. Yields about 8 pints.

DARN BEST PAN CAKES

Martha Williams

1 egg 1 c. milk 1 c. flour 2 Tbsp. baking powder

3 Tbsp. sugar 1/2 tsp. salt

Beat egg and add milk. Sift together: flour, baking powder, sugar and salt. Add to first mixture. Do not try to get all lumps out. Add 2 more Tbsp. milk and bake. Will make 6 nice cakes.

MOCK RUSSIAN TEA

Muriel White

2 c. Tang 1 c. sugar 1/2 c. instant tea 1 tsp. cinnamon
1/2 tsp. cloves

1 pkg. unsweetened lemonade mix

Mix well, store in a glass jar. Use 2 tsp. to 1 c. boiling water.

8 slices bread 1/4 c. butter 2 1/2 c. shredded cheese 4 eggs, slightly beaten 2 1/2 c. milk 1 tsp. salt 1/4 tsp. dry mustard

Break bread into chunks and put a layer into casserole. Dot with butter. Alternate layers of bread and cheese with butter, ending with cheese on top. Mix remaining ingredients and pour over bread and cheese. Cover and chill six hours or overnight. Bake at 325 degrees for 45 minutes, uncovered or until firm. Serves 8.

PUNCH FOR 30

Ruby Milsted

1/2 gal. pineapple sherbert 2 qts. ginger ale 1 qt. orange juice

Crush sherbert and add orange juice. Add ginger ale just before serving. Serves 30.

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OVEN TEMPERATURE CHART

Slow 250 degrees - 325 degrees F. Moderate 325 degrees - 375 degrees F. Moderate hot 375 degrees - 425 degrees F. Hot 425 degrees - 450 degrees F. Very hot 450 degrees - 475 degrees F.	
Minutes Temperatur BREADS	re
Loaf 50-60 400 Rolls 20-30 400 Biscuits 12-15 450 Muffins 20-25 400 Popovers 30-40 425 Corn bread 25-30 400 Nut 50-60 350 Gingerbread 30-40 325	
PIES Pumpkin 35-45 400 Two-crust 25-40 400 Shells 10-12 450 Meringue 10-15 300	
COOKIES 10-15 400 Drop 10-15 400 Rolled 8-12 400 Ice box 8-12 400 Molasses 10-15 350	
CAKES Angel 60 325 Sponge 60 325 Cup 25 350 Layer 25-30 375 Loaf 45-60 350 Sheet 20-30 375 Pound 60-90 325	
MEAT AND POULTRY Beef, rare 20 min. to lb. 300 Beef, medium 25 min. to lb. 300 Beef, done 30 min. to lb. 350 Pork 40 min. to lb. 350 Ham, smoked 30 min. to lb. 300 Mutton 35 min. to lb. 300 Veal 35 min. to lb. 325 Chicken 25 min. to lb. 350 Duck 25 min. to lb. 350 Turkey, large 20 min. to lb. 275 Turkey, small 25 min. to lb. 300 Fish 20 min. to lb. 375	

OVEN TEMPERATURE CHART (Continued)

MISCELLANEOUS	
Custard cup	300
Custard casserole	300
Souffle	325
Baked potato	
Baked beans 6 hours	350
Timbales 35-45	300
Rice Pudding	
Scalloped potato	375

TIME CHART FOR ROASTS

Kind:	Minutes per lb.	after searing:
Beef - rare	10-16	
medium · · · · · · · · · · · · · · · · · · ·		
well done	23-30	
Veal, pork, lamb - well done		
Cured pork - well done	40-55	

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat:	Time in Minutes:
Beef steaks - 1-inch thick	Rare or medium, 8-10
$1 \frac{1}{2}$ -inch	Rare or medium, 10-15
2-inch	Rare or medium, 18-25
Pork chops, thin	8-10
Lamb chops, rib	6-8
Loin or shoulder	8-10
Mutton chops 1-inch thick	15-20
Veal cutlets, very thin	
Chops	10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture or corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on

TIME TABLE FOR BROILING AND PAN BROILING (Continued)

a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

TEMPERATURES FOR BAKING FLOUR MIXTURES

Food	Temperature	Time (Min.)
Baking powder biscuit Bread Butter cake, loaf Butter cake, layer Cake, angel Cake, sponge Cake, fruit Cookies, thin Cookies, molasses Cream puffs Meringues Muffins (b. p.) Pie crust Popovers Rolls.	450 degrees to 460 degrees 350 degrees to 400 degrees 360 degrees to 400 degrees 380 degrees to 360 degrees 300 degrees to 350 degrees 275 degrees to 325 degrees 380 degrees to 390 degrees 350 degrees to 375 degrees 350 degrees to 350 degrees 250 degrees to 300 degrees 400 degrees to 425 degrees 400 degrees to 450 degrees 400 degrees to 425 degrees	12-15 45-60 40-60 20-40 50-60 40-60 3-4 hours 10-12 18-20 45-60 40-60 20-25 20-40 35-40 25-30

TABLE FOR COOKING CEREALS

Kind and Amount	Salt	Water	double boiler
Cream of wheat, 1 cup. Corn meal, 1 cup Rice, 1 cup Hominy (coarse) (fine) Rolled oats, 1 cup Cracked wheat, 1 cup	1 1/2 tsp. 1 tsp. 1 tsp. 1 1/2 tsp. 1 tsp.	4 c. 4 c. 3 c. 5 c. 4 c. 2 1/2 c. 4 c.	40 minutes 3 1/2 hours 40 minutes 3 hours 2 hours 1 hour 4 to 6 hours

TABLE FOR DRIED FRUITS

Fruit		Cooking Time	Amount of Sugar or Honey
Figs Peaches	• • • • • • •	About 40 minutes About 30 minutes About 45 minutes About 45 minutes	1/4 c. for each c. fruit 1 Tbsp. for each c. fruit 1/4 c. for each c. fruit 2 Tbsp. for each c. fruit

SAUCES

		Thickening		
White Sauce	Liquid	Material	Fat	Seasoning
				(salt)
No. 1 thin	.1 c. milk	1 Tbsp. flour		1/2 tsp.
No. 2 medium	.1 c. milk	2 Tbsp. flour	$1 \frac{1}{2}$ Tbsp.	1/2 tsp.
No. 3		3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	· 1 c. milk	4 Tbsp. flour		1 tsp.
Use No. 1 sauce		soups.		
Use No. 2 sauce	for creamed	d or scalloped of	dishes or gra	vv.
Use No. 3 sauce	for souffles			. 3 -
Use No. 4 sauce	for croquett	tes.		

VEGETABLE TIME TABLE

VEGETABLE TIME TABLE			
Vegetable	Boiled	Minutes Steamed	Baked
Asparagus, tied in bundles Artichokes, French Beans, Lima, depending on age Beans, string Beets, young with skins on Cabbage, chopped, cut sectional Cauliflower, stem down Carrots, cut across Chard Celery, cut in lengths 1/2 inch Corn, green, tender Cucumbers, peeled and cut Eggplant, whole	30 40 20-40 15-45 45 10-20 20-30 60-90 30 5-10 20 30	45-60 60 60 60 25 40 90 45 15 30 40	70-90 20 40 45
Onions	45 60 20-40	60 75 35-50	60 75
Peas, green Peppers Potatoes, depending on size Pumpkin, in cubes Potatoes, sweet Salsify Spinach	20-40 20-30 20-40 30 40 25 20	30 60 45 40 45 30	30 45-60 60 45-60
Squash in cubes	20-40 5-15 30-60	50 50	60 15-20

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread 230 degrees to 234 degrees Soft ball 234 degrees to 238 degrees Medium ball 238 degrees to 244 degrees Firm ball 244 degrees to 248 degrees Hard ball 248 degrees to 254 degrees Very hard ball 254 degrees to 265 degrees Light crack 265 degrees to 285 degrees Hard crack 290 degrees to 300 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies

	234-236 degrees,	soft ball
Fondants (mints, etc.)	234-236 degrees,	soft ball
Marshmallows	238-240 degrees,	soft ball
Caramel mixtures	246-252 degrees,	firm ball
Taffies		
Butterscotch		
Brittles	290-310 degrees.	hard crack

Boiled frostings:

1 egg white to 1 c. sugar - 238-242 degrees, soft ball or thread 2 egg whites to 1 c. sugar - 244-248 degrees, soft ball or thread 3 egg whites to 1 c. sugar - 254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake . 275-325 degrees - 40 minutes to 1 hour Loaf cake ... 325-350 degrees - 40 minutes to 1 hour Cup cakes ... 350-375 degrees - 15 to 25 minutes Layer cake .. 375-400 degrees - 20-30 minutes

FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle, in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt

shaker. It saves time.

ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb.	turkey	3 to 4 hours
8 to 12-lb.	turkey	4 to 5 hours
12 to 16-lb.	turkey	5 to 6 hours
16 to 20-lb.	turkeyturkey	6 to 7 $1/2$ hours
20 to 24-lb.	turkey	7 1/2 to 9 hours

Roasting Time and Temperature (whole turkeys):

Ready-to-cook Weight	Oven Temperature	Total Time (Hours)
8 to 10	325 degrees F.	4 to 4 1/2 4 1/2 to 5 5 to 5 1/4 5 1/4 to 6 6 to 6 1/2 6 1/2 to 7 1/2 7 1/2 to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

5 minutes per pou	nd.	•	
(Half Turkeys) 3 1/2 to 5 5 to 8 8 to 12	325 degrees F.		3 to 3 1/2 3 1/2 to 4 4 to 5
(Foil Wrapped Turkeys) 8 to 10	450 degrees F. 450 degrees F. 450 degrees F.	• • • • • •	2 1/4 to 2 1/2 2 1/2 to 3 3 to 3 1/4 3 1/4 to 3 1/2 3 1/2 to 3 3/4

INGREDIENT SUBSTITUTIONS

1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.

1 3/4 cups (approximately) all-purpose flour equals 2 cups cake

flour.

2/3 cups honey equals 1 cup sugar plus 1/3 cup of water.

1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.

1 cup raw rice equals 3 cups of cooked rice, approximately.

- 1 1/2 cups corn syrup equals 1 cup sugar plus 1/2 cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
- 2 cups ground meat (tightly packed) equals 1 pound. 3 cups ground meat (loosely packed) equals 1 pound.

2 1/2 cups raisins equals 1 pound.

3 cups coarsely chopped nuts equals 1 pound.

1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.

1/2 teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking

powder.

2 cups equals 1 can (tall) 2 1/2 cups equals No. 2 can

3 1/2 cups equals No. 2 1/2 can

- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals 1/2 cup juice 2 Tablespoons shortening equals 1 ounce.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp	teaspoons
T. or Tbsp	
C	
pt	•
qt	
lb	nound
3 t	1 T
	1 c. (4 T 1/4 c.; 8 T 1/2 c.)
2 cups	1 nint
2 pints	1 qt.
4 qt	1 gai.

MEASURES OF FRUITS AND NUTS

1 pound dates measure about 2 cups

1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3 1/4 to 3 1/2 cups

1 pound dried apples measure about 5 cups

1 pound cut-up candied fruit peel measures about 3 cups

1 pound shelled almonds or Brazil nuts measure about 3 cups

1 pound shelled walnuts or pecans measure about 4 cups

SUPPER QUANTITY COOKING

BAKED BEANS FOR 100:

8 qt. dry beans 20 qt. salad 4 lb. butter 4 qt. cream 4 lb. salt pork 20 doz. rolls 20 pies 2 lb. coffee

HASH SUPPER FOR 100:

40 lb. corned beef 32 qt. potatoes 20 doz. rolls 20 qt. chopped cabbage 5 qt. salad dressing 5 lb. butter 2 lb. coffee 4 qt. cream

CABBAGE SALAD FOR 175:

20 lb. cabbage 1 1/2 qt. Miracle Whip 4 large cans crushed pineapple 2 bunches carrots

HAM SUPPER FOR 225:

48 lb. canned ham
24 potato salads (solicited)
5 lb. coffee
l pt. cream
45 qt. strawberries
6 pkg. Bisquick equals
3/4-inch biscuits

2 qt. milk 1 lb. Crisco 5 to 6 c. water 48 pkg. peas 8 qt. milk 6 qt. heavy cream 1 pkg. Starlac 1 c. sugar, add to Bisquick

BRAISED BEEF FOR 200:

65 lb. stew beef 60 lb. potatoes 36 pies Harvard beets Cabbage salad 40 lb. turnip 2 lb. cheese

TURKEY DINNER FOR 250:

7 turkeys 75 lb. butternut squash 20 large cranberry rings 75 lb. potato 10 bunches celery 44 pies

CHICKEN SHORTCAKE FOR 135:

60 lb. chicken 30 pkg. frozen peas 12 cans cranberry sauce 3 large pkg. Bisquick 17 pkg. Flakon corn mix 2 bunches celery

Cake 1234 Connies 1 Cup Butter 20. Dugar 3 C. flour (Sisted) 3 limes 4 Eqqs I cup milk on Liquid 3 Teasp. Bating Powder 1/4 tea Spoon Sait Cream Sugar of Batter add Eggyolks - then add flour of milk - Last Whites (beaten stiff) Cook 325 in tabe pan

